

The Wellstreet Journal

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Los Alamos National Laboratory
Wellness Center and Positive Health Directions

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December is National Drunk and Drugged Driving (3D) Prevention Month

Lights on for Life Day

On December 18, honor those who lost their lives to drunk drivers and remind everyone not to drink and drive by leaving your vehicle headlights on while driving during daylight hours. This national demonstration is sponsored by the National 3D Prevention Month Coalition.

Between 1988 and 1997, the national rate of alcohol-involved fatalities has dropped by 38% and the New Mexico rate has dropped by 43%. While this represents improvement, the total number of fatalities in New Mexico is still more than double the national rate. In 1997, alcohol was a contributing factor in 27.8% of all crashes in the state. To reduce the impact of DWI in New Mexico, the DWI Resource Center in Albuquerque offers a clearinghouse of DWI information, research, materials, training and resources <http://www.flash.net/~dwicentr/>

How can you help? During this holiday season and year-round, follow the Mothers Against Drunk Driving (MADD) and the National 3D Prevention Month Coalition suggestions for hosting a safe party. Included here are just a few tips; for the complete Safe Party Guide and Party Ideas and Recipes, visit the organizations' web sites:

http://www.madd.org/programs/safe_party.shtml
<http://www.3dmonth.org/party.html>

- Offer a variety of non-alcoholic beverages for designated drivers and others who prefer not to drink.
- Always serve food with alcohol. Avoid serving too many salty snacks, which tend to make people drink more.

The Wellstreet Journal is a quarterly publication of Positive Health Directions (PHD) (HR-1/ESH-2) and the Wellness Center (ESH-2). Comments can be sent to wsj@lanl.gov or Marta Gentry Munger 667-7166 or Jessica Kiesel 665-4368.
PHD http://www.hr.lanl.gov/html/positive_health/
Wellness Center <http://drambuie.lanl.gov/~wellness>

- If you serve alcoholic punch, use a non-carbonated base like fruit juice. Alcohol is absorbed faster in a carbonated base.
- Never push drinks. Recognize when a guest has had too much to drink and be prepared to arrange for options to keep them from driving home.

Thanks to the Washington Regional Alcohol Program and the Virginia Department of Motor Vehicles for this recipe for a non-alcoholic "Mocktail":

Designated Driver's Delight

- 2 1/2 oz. orange juice • 1 1/4 oz. pineapple juice • 1 1/4 oz. cranberry juice • 2 scoops vanilla ice cream
- 3-4 frozen strawberries. Mix in a blender until smooth. Serve in a hurricane glass with an orange slice and a strawberry.

Newsletter QUIZ ?

The Positive Health Directions program and Wellness Center provides two quarterly newsletters, the Wellstreet Journal and the multi-page health letter from the Wellness Councils of America (WELCOA). Test your knowledge from the October 1998 WELCOA issue:

1. How many servings of calcium-rich foods should you get each day?
2. What is the number one cause of tooth loss?
3. What is the herbal power of ginger?

Health Happenings Calendar

November...Immunization Awareness

Receive a free Tetanus Booster at the Occupational Medicine Clinic every Tuesday in November from 8:30-11:30AM & 1:30-4:30PM. Adults should receive a Tetanus Booster every 10 years.

GREAT AMERICAN SMOKEOUT "Cold Turkey" LUNCH
Thursday, Nov. 19th at the MSL "meeting place"
Lots of literature on smoking cessation - limited to 25, call the Wellness Center to register 667-7166.

December...National Drunk and Drugged Driving (3D) Prevention Month

Stop by the Otowi Cafeteria lobby on Wednesday December 9th from 11:30-12:30 PM to sample a non-alcoholic punch and receive holiday recipes.

Wellness Center Classes

Registration forms and class brochures are available at the Wellness Center, Otowi lobby or on-line.

This Winter...due to the high demand for classes there will be more classes offered at all levels this session. New level I classes include:

- Lite Cross Training: 4:30-5:15PM, Mon. & Wed.
- 30 Minute Aerobics: 11-11:30AM, Tues. & Thurs.
- 30 Minute STEP: 11:30-Noon, Tues. & Thurs.

Remember to “Take Care of Yourself” this Holiday Season 🍂

While preparing for your holiday travels to visit family and friends don't forget to pack your Health Connection wallet card. * Health Connection is your 24-hour medical resource line, staffed by Mayo Clinic Registered Nurses. You can access Health Connection for responses to your general health and medical questions and to obtain advice on how to care for yourself or a sick family member. This service is especially helpful when away from home and your personal physician. Other health and medical items to bring on your trip should include: a first aid kit with supplies for minor medical problems, medical documents such as your medical history, immunization certificates and prescription information for your medications and corrective eye ware. Also, don't forget your walking shoes or other recreational equipment to help you have fun and enjoy this holiday season. If you are traveling to a lower elevation destination and a medical emergency does occur notify the attending physician that you live/work at high altitude. This should prevent a misdiagnosis of dehydration due to an increased number of red blood cells and hemoglobin, which is natural adaptation to living and/or working at 7200 feet.

** Health Connection is only available to LANL employees enrolled in one of the UC medical care plans. Contact Jessica Kisiel for a Health Connection packet, 665-4368.*

Stress Buster

Holiday Trap or Treasure? The myth of the "perfect holiday" can be a trap, clouding our preparations and perceptions with unrealistic expectations. Instead we can choose to approach the season with anticipation, excitement and joy. In the 1 hour noontime class, "Tis the Season to be Unstressed" at the Wellness Center on December 8, Amy Anderson of the Employee Assistance Program will help you find ways to bring meaning back to your holidays.

Nominations for Healthy Living

Nomination from Judith Margo Clark, ESH-12

For your healthy living section I would like to nominate our secretary from ESH-12, **Ilene Farmer**, who has made notable lifestyle changes. She has lost 55 lbs. since January 1998. She accomplished her goal by going to Weight Watchers, significantly changing her diet, and by exercising regularly. She looks great and feels better! In addition, she has shared her story with many in our group and serves as inspiration for others who need to make these same lifestyle changes.

We need your nominations! If you work with someone who has made a notable healthy lifestyle change, or who has been instrumental in motivating others that you would like to recognize please send a brief text to wsj@lanl.gov.

Walking Month Wrap-Up 🚶

During September 1,503 members of the LANL work force walked 33,649.5 hours with an average of 22.4 hours/walker. One hundred and forty-five groups participated with an average of 232 hours/group. The team competition ended in a tie with the same teams from last year claiming victory. The winners were ESH-17 led by Libby Jones and FMU-75 with team captain Dennis Derkacs. Each team had 100% of their participants walk at least 20 hours during the month, and had 25% or more of their team members participate in the Positive Health Direction's Health Check (health risk assessment).

*** Keep on walking this winter with... SNOW SHOEING.** Snow shoeing can take you out into a winter wonderland. In addition to beautiful scenery and tranquility, you will enjoy the benefit of burning extra calories while you exercise. That's right, during your outdoor winter workouts your body is using calories to fuel the activity but also to keep you warm. Maintaining a regular exercise routine this winter will also help you handle stress more effectively and avoid a holiday weight gain. Snowshoes are now available for every fitness level and activity, are more affordable, lighter weight, and have improved designs over models of previous years. One of the best values is the modular plastic style that comes with interchangeable tails of various lengths. Most sporting goods stores have rentals available if you want to try before you buy.

Newsletter QUIZ Answers:

1. Three-four 2. Gum disease 3. Motion sickness and nausea